

Airedale Academy's KS3 Overview Student Wellbeing

Throughout Student Wellbeing lessons, opinions and discussions are an essential part of the classroom setting. The knowledge and skills which will have been gained during the lessons will then be addressed further through mini tasks such as; diary entries, poster tasks, leaflets, group work and debates. This enables the teacher to see any gaps or misunderstandings that may need addressing. Progress overtime will be seen when pupils are able to be open and ask the teacher any questions they may not know the answer to, reassuring pupils and giving them a start of what the real world is like.

The work which pupils produce in books is to enable them to gain more knowledge in a variety of key areas to which is age appropriate for that particular key stage. The information from their books and mini tasks gleaned by the teacher through diagnostic marking and feedback, as well as improving pupil's grammar and punctuation

Progress will be holistically reported to students and their parents/carers, relative to starting point for that particular point of their KS3 journey, as follows: a pride score to determine their contribution to the lesson and applying any sensible knowledge which could benefit other pupils when in a learning environment.

Subject: Student Wellbeing	Year Group: 7
<p>Essential Knowledge and Skills to be embedded by the end of the academic year:</p> <p>Autumn Half Term 1: Personal Safety and Managing Risk</p> <ul style="list-style-type: none"> ● Knowledge and understanding of what constitutes to bullying and inappropriate behaviour ● Knowledge of some strategies that can be used to challenge this behaviour ● Understand some of the ways bullying and inappropriate behaviour impacts the victim ● Know some ways to access help and support if you have been bullied or subjected to inappropriate behaviour. 	<p>Enhanced Knowledge and Skills to be embedded by the end of the academic year:</p> <p>Autumn Half Term 1: Personal Safety and Managing Risk</p> <ul style="list-style-type: none"> ● Explain what bullying and inappropriate behaviours are and give examples of different types of each behaviour ● Understand and explain a range of strategies that can be used to challenge this behaviour ● Explain a range of ways bullying and inappropriate behaviour impacts the victim

- Understanding of how to assess first aid needs of people who have been hurt
- Know how to administer basic first aid for some accidents including a basic understanding of CPR

Autumn Half Term 2: Online Media and the Real World

- Know some of the risks associated with online gaming including knowing some of the links to online gambling
- Know how and why people should use social media safely
- Know some of the ways to ensure social media accounts are safe
- Know some of the consequences of not using social media safely
- Understand where you can gain support if social media accounts become unsafe

Spring Half Term 1: Sexual Health and Healthy Relationships

- Know some of the changes that happen during puberty and how these can have a physical and psychological effect on a young person
- Basic understanding of how reproduction happens including the process that happens from menstruation to reproduction
- Identify some characteristics of a good friend
- Identify some of the ways people can be a good friend
- Know some of the challenges that affect friendships and identify a few strategies to overcome these challenges.

Spring Half Term 2: Physical Health and Mental Wellbeing

- Knowledge of some of the ways people can promote positive wellbeing including why talking about your emotions can promote positive wellbeing.
- Identify some of the benefits of having a healthy lifestyle including healthy eating, dental care, physical activity and sleep

- Evaluate some of the ways to access help and support and be able to explain which methods are most appropriate in different scenarios
- Explain how to assess the first aid needs of someone who have been hurt
- Know how to administer basic first aid for some accidents including a clear understanding of CPR

Autumn Half Term 2: Online Media and the Real World

- Explain the risks associated with online gaming including how they link to online gambling
- Explain the reasons why people need to use social media safely
- Evaluate a range of strategies people can use to keep social media accounts safe
- Describe a wide range of consequences related to not using social media safely and Evaluate the types of support available if social media accounts become unsafe

Spring Half Term 1: Sexual Health and Healthy Relationships

- Explain the changes that happen during puberty and evaluate how these changes can have a physical and psychological effect on a young person
- Explain how reproduction happens including the process that happens from menstruation to reproduction
- Know and explain the characteristics of a good friend
- Explain a range of way people can be a good friend
- Identify and explain a range of the challenges that affect friendships and identify strategies friends can use to overcome these challenges.

Spring Half Term 2: Physical Health and Mental Wellbeing

- Briefly describe some of the physical, social and mental health benefits of physical activity, sleep and healthy eating

Summer Half Term 1: Identity and Equality in today's society

- Identify what is meant by having a growth mindset and why this is important when developing resilience
- Understand the key terms discrimination, respect, identities and stereotypes and why they are needed in today's society
- Know some of the different types of discrimination and give a few examples of each including how stereotypes play a part in people's prejudices.
- Identify some of the consequences of discrimination on the victim.
- Know some of the actions that could be taken by bystanders to reduce/improve discrimination

Summer Half Term 2: Citizenship

- Knowledge of what a stereotype is and why stereotypes can be harmful
- Know some of the reasons why people may want to emigrate from one place to another
- Give brief descriptions of why it is beneficial to live in a diverse multicultural society
- Understand what democracy means and why democracy is important in society
- Know the different types of voting systems used in democratic countries.
- Identify some of the key features of types of voting systems

- Evaluate some of the ways people can promote positive wellbeing including why talking about your emotions can promote positive wellbeing.
- Explain a range of benefits of having a healthy lifestyle including healthy eating, dental care, physical activity and sleep
- Explain and evaluate a range of physical, social and mental health benefits of a healthy lifestyle and link these to how they improve a person's wellbeing

Summer Half Term 1: Identity and Equality in today's society

- Explain what is meant by having a growth mindset and why this is important when developing resilience
- Evaluate the key terms discrimination, respect, identities and stereotypes and give a reasoned explanation as to why they are needed in today's society
- Explain the different types of discrimination and give detailed examples of each including how stereotypes play a part in people's prejudices.
- Explain all the different types of discrimination and give examples of each
- Explain a range of impacts and consequences discrimination has on the victim.
- Evaluate the actions that could be taken by bystanders to reduce/improve discrimination

Summer Half Term 2: Citizenship

- Explain what stereotypes are and why stereotypes can be harmful
- Describe the reasons the UK is a multicultural society and why people may want to emigrate from one place to another

	<ul style="list-style-type: none"> ● Evaluate why it is beneficial to live in a diverse multicultural society and give reasons why we should prevent discrimination of minority groups in the UK ● Explain the difference between a democracy and a dictatorship and why democracy is important in society ● Evaluate and explain the different types of voting systems used in democratic countries and explain which is better and why
--	---

<p>Subject: Student Wellbeing</p>	<p>Year Group: 8</p>
<p>Essential Knowledge and Skills to be embedded by the end of the academic year:</p> <p>Autumn Half Term 1: Personal Safety and Managing Risks</p> <ul style="list-style-type: none"> ● Identify the different types of legal substances that can be harmful to health ● Know some of the physical and psychological effects of using legal substances such as alcohol and caffeine. ● Know some of the reasons people choose to use these substances and identify some strategies to reduce the risks of using these substances. ● Know some of the places people can gain support if they want to stop using these substances. <p>Autumn Half Term 2: Online Media and the Real World</p> <ul style="list-style-type: none"> ● Know some of the risks of using the online media including the risks of viewing harmful material online and gaming/gambling online ● Understand some of the consequences and impacts of using online media on a person's offline life ● Know some of the ways you can reduce the risks of using online media ● Identify some of the ways people can gain support if they have been exposed to online risks <p>Spring Half Term 1: Sexual Health and Healthy Relationship</p>	<p>Enhanced Knowledge and Skills to be embedded by the end of the academic year:</p> <p>Autumn Half Term 1: Personal Safety and Managing Risks</p> <ul style="list-style-type: none"> ● Explain the different types of legal substances that can be harmful to health ● Explain the physical and psychological effects of using legal substances such as alcohol and caffeine. ● Explain the reasons people choose to use these substances and evaluate the ways to reduce the risks of using these substances. ● Evaluate the places people can gain support if they want to stop using these substances. <p>Autumn Half Term 2: Online Media and the Real World</p> <ul style="list-style-type: none"> ● Explain the risks of using the online media including the risks of viewing harmful material online and gaming/gambling online ● Evaluate the consequences and impacts of using online media on a person's offline life ● Evaluate ways you can reduce the risks of using online media ● Know the ways people can gain support if they have been exposed to online risks

- Know what the term consent means and be able to identify if consent has been given in different scenarios
- Understand that people do not have to participate in any type of sexual intimacy if they choose not to
- Identify different ways in which you can manage and delay sexual intimacy.
- Know the different LGBT terms and have an understanding of what it is like to live as a LGBGT person.

Spring Half Term 2: Physical Health and Emotional Wellbeing

- Know some of the contraception methods that can be used to prevent pregnancy and STIs
- Understand the myths and impacts of HIV
- Know some of the different types of mental health conditions and ways in which these can be managed

Summer Half Term 1: Identity and Equality in today's society Knowledge of the different types of discrimination with the main emphasis on gender, trans and ethnicity discrimination

- Knowledge of some issues associated with a person's gender identity
- Identify some of the impacts and consequences of sexism and racism.
- Know the importance of being part of a diverse multicultural society

Summer Half Term 2: Citizenship

- Identify different types of criminal behaviours including crimes associated with organised crime

Spring Half Term 1: Sexual Health and Healthy Relationship

- Explain what the term consent means and be able to identify if consent has been given in different scenarios
- Understand that people do not have to participate in any type of sexual intimacy if they choose not to
- Evaluate the different ways in which you can manage and delay sexual intimacy.
- Explain the different LGBT terms and have knowledge of the myths associated with being part of the LGBT community
- Understand and explain what it is like to live as a LGBGT young person.

Spring Half Term 2: Physical Health and Emotional Wellbeing

- Evaluate and explain the different types of contraception methods that can be used to prevent pregnancy and STIs and know how to use each of these contraceptive methods effectively
- Explain and evaluate the myths and impacts of HIV including the consequences of HIV stigma
- Evaluate the different types of mental health conditions and explain the ways in which these can be managed

Summer Half Term 1: Identity and Equality in today's society

Explain the different types of discrimination with the main emphasis on gender, trans and ethnicity discrimination

- Evaluate the issues associated with a person's gender identity and explain the impacts and consequences of sexism and racism.
- Evaluate the importance of being part of a diverse multicultural society

<ul style="list-style-type: none"> ● Know some of the reasons why people become involved with organised criminal gang and the risks associated with being part of gang ● Know where to gain support for people who are associated with criminal gangs. ● Identify different types of committed relationships and know some of the characteristics of different types of committed relationships including legally binding relationships ● Identify some of the responsibilities people have when they become parents and why these responsibilities are important to safeguard children 	<p>Summer Half Term 2: Citizenship</p> <ul style="list-style-type: none"> ● Explain and evaluate the different types of criminal behaviours including crimes associated with organised crime ● Evaluate some of the reasons why people become involved with organised criminal gang and the risks associated with being part of gang ● Explain where to gain support for people who are associated with criminal gangs. ● Explain the different types of committed relationships and know some of the characteristics of different types of committed relationships including legally binding relationships ● Explain the responsibilities people have when they become parents and why these responsibilities are important to safeguard children
---	--

<p>Subject: Student Wellbeing</p>	<p>Year Group: 9</p>
<p>Essential Knowledge and Skills to be embedded by the end of the academic year:</p> <p>Autumn Half Term 1: Personal Safety and Managing Risks</p> <ul style="list-style-type: none"> ● Identify the different types of illegal substances that can be harmful to health ● Know some of the reasons people choose to use illegal substances and identify some strategies to reduce the risks of using these substances. ● Know some of the places people can gain support if they want to stop using these substances. ● Understanding of how to assess first aid needs of people who have been hurt ● Know how to administer basic first aid for some accidents including a basic the use of defibrillators 	<p>Enhanced Knowledge and Skills to be embedded by the end of the academic year:</p> <p>Autumn Half Term 1: Personal Safety and Managing Risks</p> <ul style="list-style-type: none"> ● Know and describe all the different types of illegal substances that can be harmful to health ● Explain the reasons people choose to use illegal substances and evaluate the strategies to reduce the risks of using these substances. ● Evaluate the sources of support available for people who want to stop using these substances. ● Explain and demonstrate how to provide first aid for people who have been injured ● Demonstrate how to administer basic first aid for some injuries and know how to use a defibrillator properly

Autumn Half Term 2: Online Media and the Real World

- Understand how the media manipulates images and information and how this manipulation can have an impact on a person's self-esteem and body image
- Know some of the risks associated with having unrealistic body goals.
- Know some of the risks associated with online gambling and identify some of the harms associated with gambling.
- Know some of the risks associated with criminal online behaviours and how to minimise these risks

Spring Half Term 1: Sexual Health and Healthy Relationship

- Identify the different types of sexually transmitted infection and how these can be treated/managed through screening and medications.
- Know how to identify some sexually transmitted diseases by their symptoms
- Know some of the ways a person's fertility can be affected and what people can do to help improve/maintain their fertility
- identify some of the ways people can have children when they are unable to conceive naturally and understand some of the benefits and limitations of each method

Spring Half Term 2: Physical Health and Emotional Wellbeing

- Know some of the implications of having an unhealthy lifestyle including the risks of a poor diet and sedentary lifestyle.
- Identify some of the ways in which people can improve their lifestyle and give some benefits of making these changes.
- Know some of the ways a healthy lifestyle can improve a person's physical and mental wellbeing
- Identify some of the reasons why people may want or need organ and blood donations
- Know some of the laws associated with blood and organ donation

Autumn Half Term 2: Online Media and the Real World

- Explain how the media manipulates images and information and evaluate how this manipulation can have a negative impact on a person's self-esteem and body image
- Explain and evaluate the risks associated with having unrealistic body goals.
- Explain the risks associated with online gambling and identify some of the harms associated with gambling.
- Describe the risks associated with criminal online behaviours and describe ways you can minimise these risks

Spring Half Term 1: Sexual Health and Healthy Relationship

- Describe the different types of sexually transmitted infection and explain how these can be treated/managed through screening and medications.
- Explain how to identify all sexually transmitted diseases by their symptoms and when to screen for STIs to prevent transmission
- Explain the ways a person's fertility can be affected and what people can do to help improve/maintain their fertility
- Evaluate the ways people can have children when they are unable to conceive naturally and describe some of the benefits and limitations of each method

Spring Half Term 2: Physical Health and Emotional Wellbeing

- Explain the implications of having an unhealthy lifestyle and give detailed descriptions of the risks a poor diet and sedentary lifestyle has on a person's physical and mental wellbeing
- Evaluate the ways in which people can improve their lifestyle and justify the benefits of making these changes.
- justify the ways a healthy lifestyle can improve a person's physical and mental wellbeing

Summer Half Term 1: Identity and Equality in today's society

- Identify some of the links between personal connections and positive wellbeing
- Know some of the ways you can reframe negative thinking and how to deal with change.
- identify some of the issues surrounding male mental wellbeing and understand some of the reasons for these issues
- Understand some of the laws surrounding LGBT rights and the reason why these laws are in place

Summer Half Term 2: Citizenship

- Knowledge of some of the laws surrounding illegal substances
- Know some of the mental health and social implications of using illegal substances and understand why these issues can be harmful to a person's health
- Understand how drug and alcohol can influence people's decision-making skills
- Understand how and why people get involved in gangs involved in drugs
- Know how the criminal justice system works and the know some of the process that takes place when a person has committed a crime

- Explain and evaluate the reasons why people may want or need organ and blood donations. Explain the laws associated with blood and organ donation

Summer Half Term 1: Identity and Equality in today's society

- Explain how personal connections can improve a person's mental wellbeing. Evaluate the ways in which people can deal with change and improve their wellbeing
- Explain and evaluate the ways people can reframe negative thinking to improve their sense of self
- Know and explain the issues surrounding male mental wellbeing and evaluate the reasons males can struggle mental health
- Explain the laws surrounding LGBT rights and the reason why these laws are in place

Summer Half Term 2: Citizenship

- Explain the different laws surrounding the use, sale and distribution of illegal substances
- Explain and evaluate the mental health and social implications of using illegal substances and evaluate why these issues can be harmful to a person's health
- Describe and evaluate how drug and alcohol can influence people's decision-making skills
- Describe how and why people get involved in gangs involved in drugs and the risks that are associated with being part of organised crime gangs
- Evaluate how the criminal justice system works and explain the process that is undertaken when a person has committed a crime